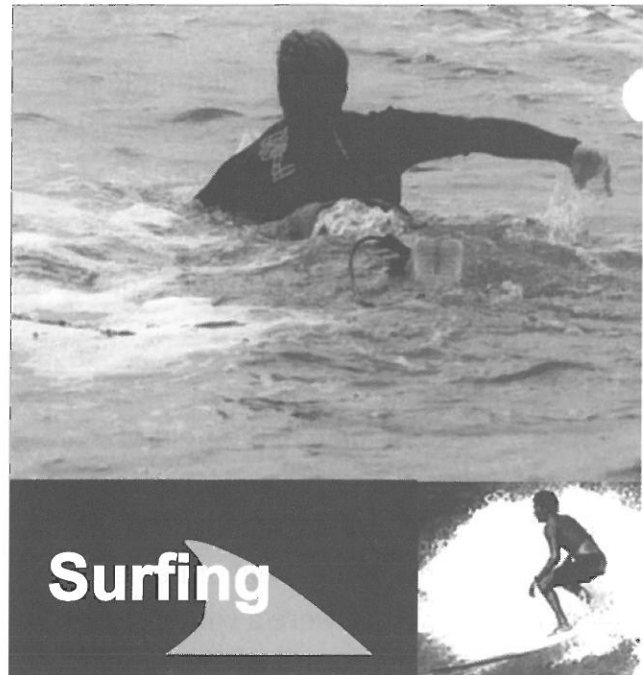


## 10. How to Catch a Wave

The first steps in learning how to surf is balancing on the surfboard and paddling. To begin, lay horizontally along the center of the board. To balance, place your feet on either side of the board. Paddling done with alternating left and right strokes. After you paddled out, you should face the ocean and start looking for a wave. When you see a good wave turn yourself and your board towards the beach and begin paddling as strong and faster as you can. Arch your back to keep the nose of your board from going underwater, and the wave will give you a nice push and when you feel the force of the wave, you should lift yourself up and place your feet sideways on the board. Keep your board steady. And just ahead of the breaking wave. Your knees should be bent, and your torso should be straight up. Now hang loose, and don't wipe out!



Remember, your feet and legs should be close together while paddling in order to balance the board. While surfing the wave, keep your knees bent and your torso slightly forward.

**Find the 10 errors in this activity. There are no errors in the illustration or the caption.**

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